

‘Integrated input to care homes’

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Aims & Objectives

- **AIM**
 - - describe attempts at integrated care
 - - for 52 care homes in Sunderland & Coalfields
- **OBJECTIVES**
 - - definitions of integrated care
 - - challenges in integration
 - - pre-Covid initiatives in Sunderland
 - - what happened during lockdown (3/20 onwards)
 - - targets to prioritise re. care homes
 - - ethical implications and ways forward (opinion)



Context – 3 crises in 1?



**SARSCov2
& immune
deficiency**

**NHS Bed
deficits**

**Staff shortages
in Care Homes**

= 30,000 excess deaths in care homes in 1 year

White Paper - Future of Health & Social Care 6.2.21

- **Integrated Care Systems (ICS's) covering all of England**
 - - involving health, social care, local authorities
 - - 'power of direction' by Sec. of State via NHSE / NHSI
 - - including how to integrate services
 - - reduced bureaucracy of commissioners / providers (47%)
- **Data gathered centrally & direct financing based on this**
 - - all health & adult social care providers must provide data
 - - collated by DHSS via NHSE / NHSI (accessible to W'hall)
 - - also accessible by CQC, who can call out failing services
 - - emergency direct payments to all providers in distress

Definitions of integrated care

- **Vertical integration**
- - between **Primary and Secondary services**
- - rationale; benefits of health maintenance (Keiser Perm.)
- - saving overhead / admin costs of 'referrals' (~40%)
- - shortening waits for specialist advice & intervention
- - extending expertise via vicarious learning

- **Horizontal integration;**
- - **OA Psych, Care of Elderly, Social Services, Third Sector**
- - being developed in Unitary organisations (Manchester)
- - rationale; avoiding duplication, spreading expertise
- - avoiding cross referrals (wasting time, overheads)
- - setting up clinical pathways (ex, Parkinson's)

Challenges to integrated care

- **Lack of forethought (and stigma?)**
- **- doctors not copying letters to others incl. social services**

- **Lack of multi-professional care home meetings**
- **- underdeveloped geriatric services in community**

- **Limited access to old age psychiatry consultant advice**
- **- reluctance to suggest treatments without assessment**

- **Resources allocated to Trust & department silos**
- **- therefore no protected time for integrated care**

- **No usable common data base**
- **- or common remote working platform**

local pre Covid plans in Sunderland



Erin Marie Olszewski

Pre Covid initiatives; Vanguard and ATB

- **Sunderland Vanguard (frailty Mx, alternatives to hospital)**
- - training on NEWS utilisation by care home staff*
- - monitoring emergency admissions, GP call outs*
- - frailty nurse practitioners for 5 PCN's in city
- - rehab / step down hubs X 5 (including beds) in city

- **All Together Better (ATB)**
- - GP, Mental Health and Third Sector provider meeting ('19)
- - presenting a unified front to CCG re. commissioning
- - organising GP practice covering each care home
- - organising weekly GP MDT's in care homes (virtual)

Action during first lockdown (3/20 – 6/20)

- **Rapid application of DNAR and EHCP in care homes (90%)***
- **- GP's phoning relatives* of incapacitous residents**
- **- CH staff or nurse practitioners talking to the capacitous**

- **Involving PCN community pharmacists in care homes**
- **- medication reconciliation, managing polypharmacy**
- **- maintaining essential medication supply**

- **Mental Health Care Home Liaison Service**
- **- allocating a named CPN for each care home**
- **- regular phone support, advising on potential referrals**

where next?



Screening for new entrants to CH's

- Evidence based screening (at or before admission)
 - - Clinical Frailty Scale (sp. falls and malnutrition risks)
 - - MOCA for Dementia, GDS for depression
 - - hearing, eyesight, dentition, weight, vitamin levels
 - - checking on pastoral / spiritual needs
- Medication management
 - - checks on concordance difficulties
 - - reviewing anticholinergics, sedatives, BP medication
 - - especially those where falls, delirium risk evident
 - - considering Rx of depression, early dementia

Avoiding needless admissions from CH's

- **Avoiding common risks & delirium**
- **- actuarial risk assessment (historical and scenario based)**
- **- falls and fracture risks (postural drops, muscle loss)**
- **- avoiding constipation, urinary retention, dehydration**
- **- watch for anticholinergic burden (opiates, bladder drugs)**
- **- continuing review of COPD, CCF, pressure areas**

- **Legal processes & new technology**
- **- ensure LPA / COP with active deputies / attorneys**
- **- DNAR, EHCP & vaccination (properly consented)**
- **- DoLs and (in near future) LPS placement**
- **- Advance Care Plans or Advance Statements**
- **- metadata collection (incl NEWS2) & machine learning**

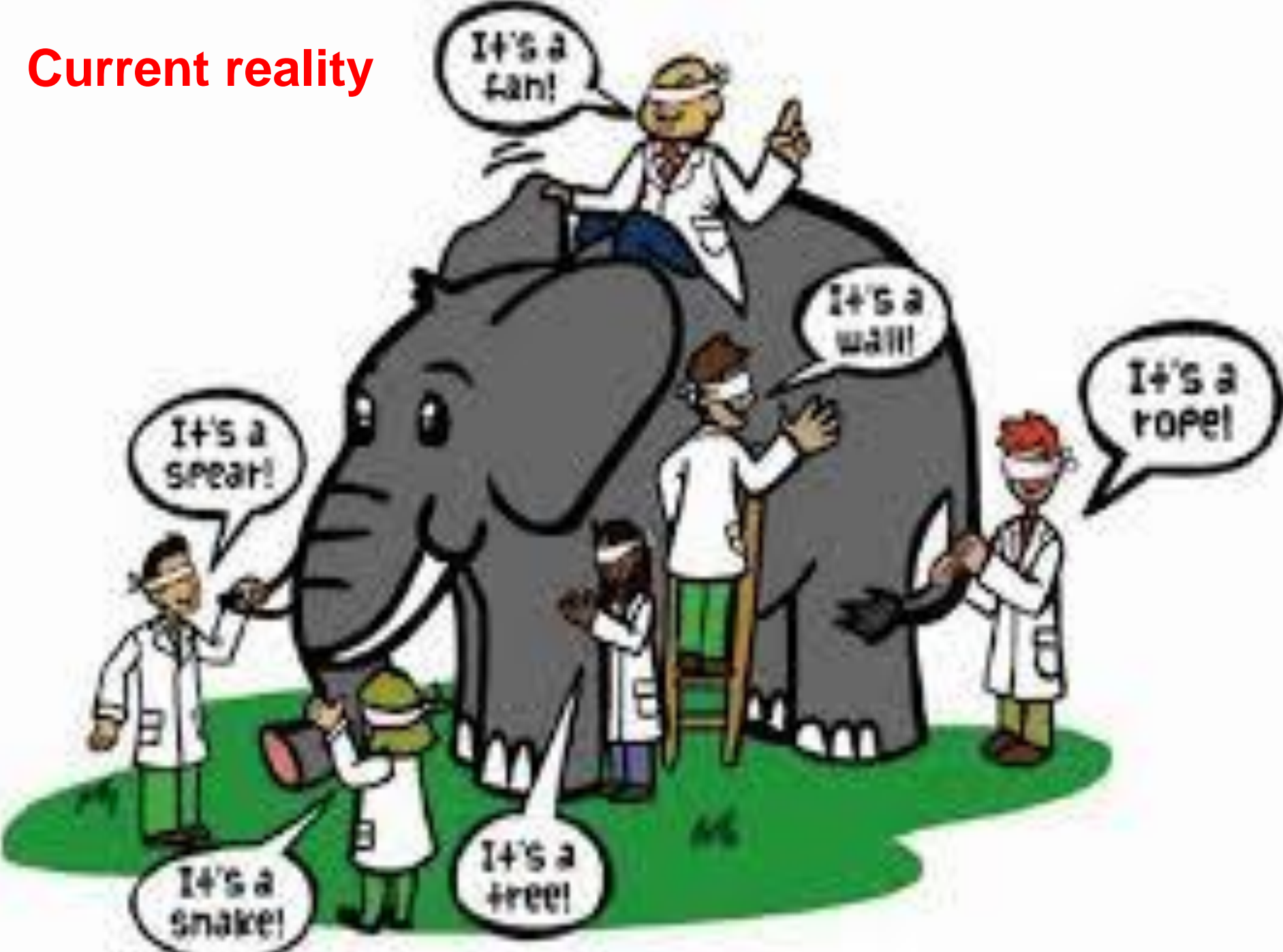
Other ideas being discussed in Sunderland

- **Integrating GP weekly MDT's with mental health, geriatrics**
- **- accessing liaison CPN via WhatsApp / MS Teams**
- **- e mail contact with sector consultants (Geriatrics / Psych)**
- **Involving local care home managers to advice providers**
- **- as part of All Together Better**
- **- also links with local A&E, Care of Elderly, Paramedics**
- **Multi-specialty Parkinson's virtual referral clinic**
- **- involving Geriatrics, Psych, Neurology, Palliative care**
- **- increase in vicarious learning**
- **Budget for each PCN for care home initiatives**
- **- can incentivise joint working, including third sector**
- **- could be the outcome of latest NHS transformation**

opinion



Current reality



Integrated care; the good, bad & ugly

- **Good - grater efficiency**
- - reducing access time & saving admin overheads
- - vicarious learning and effective care pathways

- **Bad - top down direction**
- - insensitivity to local needs & current innovations
- - finances consequent to data supplied to centre

- **Ugly - ethics**
- - local staff 'must follow orders from higher up'
- - data mining & potential sale to private companies

Concluding remarks; tough decisions

- **Get basics right, making friends in other silos, cc letters**
- **Training care staff on screening, behaviour Mx, NEWS2**
- **Develop clinical & lay champions mentored by leaders**
- **Presentation of results within ICS, also nationally**
- **National Care Service linked to NHS (Pollock, Hands)?**
- **Or spot purchased 'time to think' care home beds / floors?**
- **Move from RGN's / RMN's to Admiral Nurses in Pry Care?**

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<https://www.hsj.co.uk/technology-and-innovation/how-liverpool-is...>
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thank you &
questions?



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Please contact us!

